



# Service Users Activities Guide

Plan, engage and adapt to cultivate the best experience possible

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## Introduction

This guide has been created to assist both our service users and direct support staff with activity planning and inspiration. It is not simply about filling time, nor is it simply about providing entertainment. It is about providing well thought out ways to promote and retain a sense of belonging, identity, purpose, value and meaning. The more engaged we are as individuals, the more likely our confidence, skills, and independence will grow. Whether it be physical, mental, spiritual, or social engagement, supporting the goals and interests of our service users can be a transformative experience for all.

Please read through relevant sections with service users from **Out and About**, **At Home Ideas**, and **Further Resources**. Where appropriate, the **Form for Service Users** can be utilised to gain a more detailed picture of service user interests, hobbies, and aspirations.

**REMEMBER: Tailor the activities to fit within the length of the shift. Where paid or lengthier activities are being explored ensure that the service user has the appropriate funds by speaking with the service user directly and contacting Including You.**



## Out and About

Service users' abilities vary and so it is important that, whatever level of ability is present, the chosen activities reflect the individual's needs. The listed activities should be used in conjunction with research to expand future options tailored to the service user. There may be accessibility restrictions, ticket purchasing, group limits, etc. involved for certain activities. Therefore, it is important to **make contact prior** to confirm the activity is suited to the service user. Please refer to the service users' support plan and goals as a guide to personalise activity ideas and discussions.

### Physical/Exploration Activities

#### *Free Activities*

- Lake Wendouree Ballarat and Botanic Gardens
- Werribee South Marina/ Wyndham Harbour
- Mt Dandenong Sky High
- Essendon Football Club (Tullamarine)
- Edendale Farm
- Melbourne Town Hall
- St. Patrick's Cathedral
- Victoria State Rose Garden
- Bundoora Park
- South Melbourne Market
- Preston Market
- Arthurs Seat
- Kyabram Fauna Park
- Werribee Park Gardens & Victoria State Rose Garden
- Winton Raceway
- Whroo Gold Mine at Rushworth
- Lake Wendouree
- Y – Water Discovery Centre at Yea
- Tennis Centre
- Westgarthtown Heritage Walk (Thomastown)
- Fitzroy Gardens
- Surrey Park
- The Campaspe Run Elmore
- Malvern Gardens
- Victoria Market
- St Kilda Beach
- Hanging Rock
- Dog-Friendly locations (See **Further Resources**)



- Jamieson Way Community Garden
- City Circle Tram
- Yarra River Walk
- Great Ocean Road (Road Trip)
- Westgate Park (Pink Lake)
- Sassafra and Olinda
- Yarra Bend Park
- Mill Markets – Ballarat, Daylesford, and Geelong
- Visit a nursery (Try the pop-up Jungle Collective as well, See **Further Resources**)
- Sunday Markets (Coburg, Docklands, Camberwell, Bentleigh, Fitzroy, Flemington, Eltham, St. Kilda)
- Visit a new Recreation or Leisure Centre (See **Further Resources**)
- Brighton Beach
- Gilpin Dog Park
- Royal Botanic Gardens
- Abbotsford Convent
- Nicholas Gardens & Dandenong Ranges Botanic Garden
- Melbourne Airport - Viewing Spots for plane arrivals (Refer to **Further Resources**)
- The Break Room ‘Break Things, Feel Good’
- Kokoda Track Memorial walk (1000 Steps) at the Dandenong Ranges
- Bike Riding Locations: Meton Bicycle Course, Brimbank Park, Merri Creek Trail, Lilydale-Warburton Rail Trail, Yarra Trail (See **Further Resources**)
- Shopping in a new area (See **Further Resources**)
- Visit the AAAPlay and Disability Sports Australia for a full list of sports available in this area (See **Further Resources**)

### ***Paid Activities***

- V-line to Geelong
- Melbourne Aquarium
- Amazing Things
- Scienceworks
- City Bike Tour
- V-line to Castlemaine
- Neighbours Tour of Ramsay Street
- Melbourne Ghost Tour
- Puffing Billy Train
- Sea Life Melbourne Aquarium



- Marvel Stadium
- Williamstown by train and then Ferry to Southbank
- WaterMarc
- Strawberry Farm
- Healesville Sanctuary
- V-line to Seymour
- William Ricketts Sanctuary
- Eureka Skydeck
- Ferry from Queenscliff to Sorrento
- Golf at Sandhurst Golf Club (See **Further Resources**)
- Surfing Lessons (See **Further Resources**)
- Trees Adventure – Glen Harrow Park
- O’Brien Icehouse
- Aquarena Aquatic Leisure Centre
- Archery (Heidelberg Heights, Yarrambat)
- Melbourne Observatory Solar Tour
- Melbourne Zoo (Butterfly House, Trails and Talks etc.)
- Bounce Inc. Obstacle/Parkour course (Think Ninja Warrior, see **Further Resources**)
- Yarra Cruise (See **Further Resources**)
- Yarra Valley Chocolaterie & Ice Creamery
- Melbourne Grand Prix
- Fairfield Park Boathouse & Tea Gardens
- Go-Cart Racing at Ace Carts and Phillip Island
- Ballarat Wildlife Park
- V-line to Ballarat
- Werribee Open Range Zoo
- Arts House
- Luna Park
- Basketball Australia e.g. Wheelchair leagues
- Horse Riding (See **Further Resources**)
- Hardrock Climbing
- Glow Golf
- St Kilda Sea Baths
- Boccia Australia (Social ball sport)
- Bare-foot Bowls (See **Further Resources**)
- Roller-skating/Rollerblading (e.g. Caribbean Rollerrama Scoresby, Laverton Skate Centre and Skaterz Eltham, See **Further Resources**)
- Dog Friendly café (See **Further Resources**)



## Creative/Art Activities

### *Free Activities*

- National Gallery of Victoria
- Morning Melodies
- ACMI Australia's National Museum of Film, TV, Video Games, Digital Culture and Art
- Talking Books – Local Public Library
- Ian Potter Centre
- The Wheeler Centre
- Get a crochet or knitting pattern from Yarn&Co (See **Further Resources**)
- World's Largest Camera Museum
- Benalla Street Art
- Heide Markers' Market
- Heide Museum of Modern Art
- The Fox Darkroom & Gallery (Photography)
- Visit Minotaur Pop Culture Megastore

### *Paid Activities*

- Australian Music Vault
- Bendigo Art Gallery
- Shepparton Art Museum
- Watch a movie at an Independent Cinema e.g. Astor, Kino, Thornbury Picture House, Nova, Westgarth, Lido, Como, Rivoli, Sun Theatre (See **Further Resources**)
- The Jam Factory
- Artvo Immersive Gallery, Docklands (See **Further Resources**)
- RMIT Gallery (See **Further Resources**)
- Bendigo Pottery
- IMAX Melbourne
- Melbourne Laneways, Arcades and City Tour (See **Further Resources**)
- Theatre - Arts Centre, Southbank Theatre, Her Majesty's, Athenaeum, Regent, Comedy & Princess (See **Further Resources**)
- Simulator World (Docklands)
- Moreland and Nillumbik Library group classes and events
- Work-shop Events (See **Further Resources**)



- Cartoonist Workshops (Currently holding Zoom sessions, See **Further Details**)
- Melbourne Theatre Company (See **Further Resources**)

## Social Activities

### *Free Activities*

- Trivia (Welcome to Thornbury, Albion Hotel, See **Further Resources**)
- Attend a 'Meet Up' in an area of interest
- Neighbourhood Houses (Broadmeadows, Carlton, Greenbrook, Greenhills, Pines, Watsonia)
- Bingo or Board Game Groups
- Community Houses/Centres (Camberwell, Lalor, Eltham, Lower Templestowe, Mernda, Rosanna)

### *Paid Activities*

- Visits to Men's Sheds – Darebin Community Centre
- Whittlesea Neighbourhood Houses – Regular activities running e.g. Computers, arts, music, choir, and community garden classes/groups
- Mediterranean Cuisine (Sydney Road)
- Collingwood Children's Farm (Engage with animals and harvesting)
- Bellarine Adventure Golf
- Ten Pin Bowling (Oz Tenpin, Zone Bowling, Strike Bowling)
- Community Lunches at Maldon and Castlemaine (\$5)
- Lygon Street (Ice-cream, Readings, Shopping)
- ZOOMBA Local Classes
- La Trobe Mini Golf
- A Maze N' Games
- Swimming



- Indoor Cricket
- The Blues Train (Queenscliff)
- Escape Rooms (Escape Room Melbourne, LOST, Escape Hunt, TRAPT, See **Further Resources**)
- Kings of Comedy or The Comics Lounge
- Cat Café Melbourne
- Lawn Bowls (Cragieburn, Bundoora, Reservoir, Coburg, Diamond Creek)
- Go on a food trail in a particular area (See **Further Resources**)
- Go to the Lido for comedy, music and film (See **Further Resources**)
- Play Billiards (See **Further Resources**)
- Live Brands - Paris Cat Jazz Club, The Forum, Northcote Social Club, Bird's Basement, Sidney Myer Music Bowl, Howler, The Old Bar, The Curtin, The Gasometer Hotel, Melbourne Recital Centre, Golden Monkey, Hamer Hall
- YMCA Leisure Centres (Swimming, Dancing, Water Aerobics, Gym access)
- Virtual Reality (Viri VR or Zero Latency)
- Adventure Rooms Melbourne
- Bartronica (Retro Arcade Games)
- Playtime Crown
- Play board games at Games Laboratory (Little Lonsdale St), Marche Board Game Café etc. (See **Further Resources**)
- eSports tournaments and gaming (GG EZ, Zen Gaming Lounge, See **Further Resources**)
- Karaoke (KBOX, AK8 etc, see **Further Resources**)

## Cultural Activities

### *Free Activities*

- Holocaust Museum
- Yun Yang Temple (Sundays)
- Queen Victoria Market Cultural Festivals
- Museo Italiano (Carlton)
- Attend Victoria's cultural diversity week
- Tai Chi practice at Federation Square (Mornings)
- U3A Free Senior's Mahjong
- Italian Institute of Culture (South Yarra)
- Koorie Heritage Trust





### *Paid Activities*

- Chinese Museum
- Immigration Museum
- Islamic Museum of Australia
- Burrinja Cultural Centre (See **Further Resources**)
- Fo Guang Shan Melbourne (Includes Chinese crafts and vegetarian cooking)
- Greek Museum
- Shepparton Heritage Museum
- Bunjilaka Aboriginal Cultural Centre
- Cultural Food Festivals E.g. International Food Festival St. Kilda

## Religious and Spiritual Activities

### *Free Activities*

- Visit sacred religious sites specific to the service user
- Attend a Religious Street Festival (See **Further Resources**)
- Assist service user to visit place of worship
- Attend a 'Meet Up' group
- Visit a labyrinth in Eltham, Gardenvale, Clifton Hill etc (See **Further Resources**)
- Visit the Theosophical Bookshop in Russell St
- Attend an Online Q&A e.g. Ask a Monk

### *Paid Activities*

- Take a class or workshop via preferred organisation
- Theatre productions
- Attend a lecture via preferred organisation
- Concerts or live performances



## Educational Activities

### *Free Activities*

- State Library
- Parliament House – Spring Street
- Creswick Knitting Mill
- The Rockery Gemstone Museum at Euro
- Shrine of Remembrance
- Maritime Museums – Queenscliff and Geelong
- Army Tank Museum
- Alexandra Timber and Tramways Museum
- The Johnston Collections
- Museum of Australian History and Art Gallery
- Eureka Stockade Ballarat
- Post Office Museum Bendigo
- Marysville Historical Society
- Royal Exhibition Building
- Royal Australian Air Force Museum (RAAF)
- Benalla Aviation Museum
- Tatura Prisoner of War Camps Museum
- Old Kilmore Goal and Monument Hill
- Old Treasury Building & Museum
- Banking Museum

### *Paid Activities*

- Bendigo Talking Tram
- Hawthorn Football Club Museum Waverley
- Eastern Hill Fire Station Museum
- Old Melbourne Goal
- Historical Day Tours of Melbourne General Cemetery
- National Sports Museum
- Take workshops and classes at School of Life (Available online, see **Further Resources**)
- Sovereign Hill
- Melbourne Museum
- Central Deborah Gold Mine Bendigo
- MCG Tour
- Fire Services Museum of Victoria
- Laneway Learning
- Visit Ceres to learn about gardening, farming and Eco-lifestyles (See **Further Resources**)



## At Home Ideas

For a variety of reasons, service users may wish to stay at home and engage in independent or one-on-one activities. As we all spend much of our time at home, it can sometimes feel options are limited. The activities listed below may play a role in expanding those possibilities and support health, wellbeing, and skill development.

### Physical Activities

No matter what level of ability is present, there will always be a variation available to meet the wishes and needs of all service users. Where appropriate, the following activities should be introduced by describing and demonstrating clearly what they should do and how it aligns with their goals. For instance, these activities may help with co-ordination, general fitness, improved balance and stability, strength, concentration and alleviate stress or unsettled behaviour. Please visit **Access for All Ages Play (AAAPlay)** website for online resources and groups tailored to connecting people with disabilities to sporting activities in Victoria (See **Further Resources**).

#### **Stretching**

Stretching is one of the best ways to relieve tension and stress, improve flexibility and joint range of motion. It is important to encourage the service user to breathe through the stretch and motion, and to only hold positions that are comfortable.

#### **Online dance party or aerobics class**

Where possible, online groups and videos are available for free for users to engage with a structured class that will work to strengthen muscles, decrease anxiety and stress, and improve stamina. This can also be a way to boost confidence with daily living activities through strength training, for instance, lifting kitchen pots. Resources such as YouTube classes and Free Zoom Zumba or Dance can be researched with the service user.

#### **Isolated movement exercises and deep breathing**

Depending on the service user's mobility and motivation, targeted muscle exercises may be more suitable. They promote muscle building and can be performed from low to high intensity. Such exercises include seated marching, lifting legs, clapping, arm raises, shoulder shrugs, pointing toes and shoulder blade squeezes. Where applicable, remind service users to breathe through the movements and not to hold their breath to avoid straining.

#### **Balloon Handball**

Should the service user feel comfortable with balloons, a great game to play is tapping a balloon back and forth either over something like a kitchen bench or in an open space. This game helps with co-ordination, balance, concentration and encourages a sense of achievement. As the service user can use their hand, foot, arm, leg, head to tap the balloon, it encourages the use of creative techniques. Put on some music, and where appropriate develop a level of competition.

#### **INCLUDING YOU**



### **Target Game**

This game improves hand eye co-ordination, upper limb strength and concentration. This can also encourage number skills through service users adding up their scores. To play, set up a floor target such as a pillow, basket, bowl, or chair in an open space. Encourage the service user to throw a small item such as a box of cards, egg cooker ring, tea towel etc. at the target. Scoring can be based on distance from the target. For instance, reaching within a metre of the target is 1 point, 30 cm is 2 points and hitting the target is 3 points.

### **Walking**

Encourage service users to make laps of their house, backyard or walk up and down the stairs. Count the number of laps and set up a personal best board. If walking around the park, block or neighbourhood is appropriate, make sure to ask questions about the neighbourhood and how long they have been there. In addition, go down different paths and explore new areas, stop from time to time and discuss the surrounding environment.

## **Creative Activities**

Creative activities offer the opportunity for self-expression and may provide an opportunity for continuing with familiar, established activities. It can also provide an opportunity for sharing and giving. Creativity does not have to be about an outcome, nor necessarily about doing i.e. watching a tutorial or demonstration offers an opportunity to admire works of art without the pressure of having to produce something. If the service user is engaged in the activity in a way that is satisfying to them, the activities has been a success. An important factor is that the service user works at a level that they find comfortable and that reinforces their positive perception in their ability levels. Whilst attending theatres may not be suitable, online theatres are available, such as Riverside (See **Further Resources**)

### **Craft Activities**

Craft engagement can help with hand-eye co-ordination, a sense of achievement and offering an opportunity for giving. It may be an activity the service user has experience with or something they have been wanting to try. Where materials must be purchased, discuss with the service user and/or family of a budget to work within.

- Finger Knitting
- Jewellery making with beads
- Upcycle items
- Carving
- Patchwork
- Collage



- Sewing
- Mindfulness colouring books
- Tie-dye clothes or bedsheets
- Paint pouring/ Finger painting (Free form art)
- Handcrafts e.g. Thumb print artwork, wax watercolour, etc (See **Further Resources**)
- The Wheeler Centre Books Writing Ideas Online (See Further Details)
- Make a hand-made card for someone
- Make a bird feeder (Online kits available)
- Make some wall art
- Try Origami or paper craft (See **Further Resources**)
- Salt dough (Make Christmas decorations, wall hangings, frames, bowls)
- Craft activities e.g. Dancing glitter jar, papier-mache bowl, Jewellery frame/ Holder (See **Further Resources**)
- Make slime

### **Food Based Activities**

The benefits include independent living skill development, self-worth, stimulates the senses, and fosters the value of giving. The key concern with these activities is health and safety. For this reason, you must remain risk-informed and be aware of service user needs and limitations. If you are unsure as to whether something is appropriate, please contact Including You for support. A great resource is the YouTube channel **CookABILITY** which provides Accessible Recipes (Please see link in **Further Resources**).

- Tea and coffee making
- Make soup (Tomato, pumpkin, vegetable, chicken noodle etc.)
- Bake some biscuits/cookies
- Make honey joys
- Wraps and sandwiches
- Toasted cheese sandwich
- Create an Indoor Herb Garden
- Setting the table for lunch
- Make a mug brownie (See **Further Resources**)
- Make a no-bake cake
- Pasta bake
- Muffins
- Milkshake
- Make an Australian classic e.g. Pavlova or damper



## Cognitive Activities

Like physical activities, service users' have varying levels of abilities, interests, and goals with cognitive interests. If the activity is not well matched to the individual, it may result in frustration and poor self-worth. There needs to be a sense of achievement, but with an underpinning degree of a challenge to maintain engagement. Sampling various activities may bring forth interests and abilities service users have not explored before. For example, those who have Alzheimer's and Dementia may benefit from activities in

### Further Resources.

- Practice a phrase in another language
- Complete a brain teaser
- Discover or write journals to document the service users' life
- Learn a magic trick (See **Further Resources**)
- Play "old-school" – Make a list of people who they have been out of contact with and write and letter and post it
- Dot-to-dot book
- Word search (See **Further Resources**)
- Add Ten more Bingo with a die (**Further Resources**)
- Simple Marble Game (See **Further Resources**)
- Ping Pong Ball Match-up (Colour in six balls one half blue, and the other six one half red, then place them in an egg carton. Draw a 12-ball colour sequence for reference to be replicated) See **Further Resources**
- Create homemade library – Games, puzzles, music, DVDs, magazines, and books (Utilise Public Library resources)
- Puzzles
- Create new outfits with currently owned clothing
- Look at and organise old photos – Assist them to update them onto new technology to preserve them or create a photo collage
- Create a Vision board
- Sculpt yourself from playdough
- Famous Duos Pairing Game (Free printable in **Further Resources**)
- Squirt Gun target practice (See **Further Resources**)
- Sudoku & Crosswords (See **Further Resources**)



## Sensory Activities

Verbal communication can be difficult for some service users and can lead to people becoming withdrawn and out of contact with their environment and surroundings – particularly those with a cognitive impairment. Sensory activities are one way of trying to engage people who are withdrawn, and it can open communication routes. It is generally understood that sensory activities can be used for relaxation, but they can equally be effective in making contact and engaging people. Sensory sessions should be limited to one or two senses at a time, to avoid over stimulation.

### Rummage Box

Fill a box containing a variety of 'sensory' pieces incorporating sounds, colours, texture or smell i.e. fabric, coloured paper, buttons, shells, battery-powered toy, lavender, feathers etc. Depending on ability invite the service user to rummage, offer single items to individuals to handle to actively enable the service user to experience the sensation by placing objects in their hand. Discuss the sensation and memories it may trigger where appropriate.

### Food Tasting

Organise a platter of small bite sized foods that are present in the household and suitable for the service user to consume (Consider health issues, special diets, or intolerances). Invite the service user to handle the piece of food and guess what they are holding while their eyes are shut/blind folded. If they are unable to guess by touch, ask them to eat the piece of food. Discuss where the food might have come from, what their favourite type is and what their likes and dislikes are for each type of food.

### Smell Quiz

Present everyday ingredients with strong smells, preferable recognisable smells such as coffee, curry powder, lavender, mint, orange juice. Use cups to hold the ingredients and invite the service user to smell the container to see if they can identify the ingredient through smell whilst having their eyes closed or blindfolded. You could make it a competition to see how many ingredients are guessed correctly.

### Music

Play live or recorded music based on the service user's interests (See **Form for Service Users**). There are several ways music can accompany an activity. For example, relaxation and appreciation or react a game quiz to see if a service user can identify the song. Encourage a singsong and ask about what the song means to them or what they think it means.



## Educational & Employment Activities

These activities foster a sense of experimentation and diversity in choices. It provides the opportunity to grow as an individual, experiment with what you are passionate about and find or reinforce passions. Educational activities may utilise group platforms where the service user can connect with others from different cultures and socialise through shared interests. It can build an individual's confidence and bring forth a sense of accomplishment.

- Debates/ Discussions
- Research Current Affairs/ News Topics
- Laneway Learning Online (See **Further Resources**)
- Update/ Create LinkedIn, Career One & Seek profiles
- Update resume
- Interview role-play
- Upskill (Masterclass, Skillshare, Udemy, Coursera, Alison)
- Research dream careers
- Watch a documentary or Ted Talk
- Work on budget or create new savings goals
- Join a virtual book club
- Virtual Tours (See **Further Resources**)

## Religious and Spiritual Activities

The service user's spiritual needs will be extremely varied. For some, religion and spirituality may have become important only recently or may be a life-long practice, and for others, religion and spirituality will hold no interest at all. Utilise the **Form for Service Users** to gain a clear understanding of their interests, desires, and needs.

### Hymn Singing

Many service users have a good memory for hymns. Ask them to select their favourite ones. Provide song sheets to help those who may need assistance. Some service users may enjoy hymn singing within a larger group, online groups either live or recorded are available for this type of activity.





## **Bible Readings and prayers**

Quiet reflection or recording readings may be incorporated into this activity. Discuss with the service user how best to support them during these times.

## **Religious Discussion Groups and Forums**

If the service user is in attendance of a local community group, search online resources made available by that organisation or research available discussion groups online that the service user wishes to be connected with.

## **Online Connections**

Service users may wish to be assisted with gaining access to **Healing Circles, Seminars, Mass, Meditations, Workshops, Meet Ups** that uphold their values and beliefs.

## **Explore cultural and religious diversity**

Service users may wish to investigate other faiths and practices and explore the diversity in celebrations, festivals, beliefs, and history. See **Further Resources** for links to start accessing this vast array of knowledge.

## **Esteem Activities**

Activities of esteem are offered specifically to boost individual's sense of well-being and self-esteem. The more involved a service user is, who feels occupied and engaged, the greater the sense of wellbeing. This is good for a service user who may be unwell, unsettled, anxious or those with little or no contact with family or friends. A risk assessment should consider potential risks associated with each activity based on the service user's background and case notes. If you are unsure as to whether an activity would be suitable for a service user, please contact Including You.

- Reflexology
- Aromatherapy (Use a diffuser)
- Manicure or Pedicure
- Foot bath (Add some Epson salts to warm water)
- Facials or Face steam
- Positive affirmation forming
- Smiling Mind (Mindfulness and Meditation)
- Work on your wish list



- Make a bucket list
- Write a list of people who inspire you and why
- Stage a photo shoot
- Brushing hair and or braiding hair

## Domestic Activities

For some, domestic tasks are not considered a priority or there is a reliance on others to complete these tasks. Whilst in some cases this is necessary, for others a collaborative approach could be adopted. Consider the service user's abilities, interests and goals when deciding which activities are appropriate. The extent of activities undertaken may evolve over time, and activities can be broken down to suit the service user's experience and motivation levels. An important factor may be to explain the reason why these activities should be completed and how they can be of benefit to the service user's health and wellbeing, along with social benefits of a clean home/room.

- Laundry
- Sweep and mop
- Brass or general metal cleaning
- Rearrange furniture
- Sort through and clean wallet or purse
- Change bed sheets
- Clean bedroom
- Vacuum
- Dust
- Batch meal preparation/practise
- House plant care
- Gardening e.g. Re-potting, weeding, planting, veggie garden, etc.
- Organise kitchen cupboards
- Clean phone case
- Wipe down furniture
- Fix a broken item or fixture
- Spring cleaning to organise and discover hidden treasures
- Clean footwear (Inside and out)



## Form for Service Users

This form is a useful tool to gain a better understanding of service user preferences, interests, likes and dislikes. It is a starting point to open that line of communication. Some categories may be more relevant than others, so ask the service user what is relevant to them at each interval.

### Entertainment

Music I enjoy

Music which holds special meaning

Artists I like to listen to

Artists I do not like to

Music which makes me sad



How would I enjoy listening to my music  
e.g. Headphones, speaker etc.

I play a musical instrument

Yes

No

Instruments I play

I would enjoy entertainers/live performances

I would not enjoy entertainers/live performances

Entertainers I would like to see



### Television

I enjoy television

I do not enjoy television

#### Preferred TV programmes:

History

Wildlife

Sport

Documentaries

Reality TV

Period Dramas

Soaps

Drama

Gardening

Comedy

Other

Movies

I like the following programmes

I like the following movies

Actors/Actresses I like to watch



## Reading

I enjoy reading:  Yes  No

Newspaper  Magazine  Books  Electronically

The paper/papers  
I enjoy reading

The magazine/s I  
enjoy are

The books I enjoy

Things I enjoy  
reading online

Authors I like



## Interests and hobbies

### Indoor interests:

- |   |                          |   |                          |  |                          |
|---|--------------------------|---|--------------------------|--|--------------------------|
| Quizzes   | <input type="checkbox"/> | Dancing                                       | <input type="checkbox"/> | Cognitive Games<br>e.g. Puzzles, Brain Teasers                   | <input type="checkbox"/> |
| Sports  | <input type="checkbox"/> | Puzzles                                       | <input type="checkbox"/> | Crafting   | <input type="checkbox"/> |
| Physical activities<br>e.g. Ball games, exercises | <input type="checkbox"/> | Repairing or Fixing<br>things                 | <input type="checkbox"/> | Gaming   | <input type="checkbox"/> |
| Cooking   | <input type="checkbox"/> | Cleaning                                      | <input type="checkbox"/> | Connecting socially<br>e.g. Video Calls, Letters,<br>Phone calls | <input type="checkbox"/> |
| Writing   | <input type="checkbox"/> | Learning<br>e.g. New skills,<br>documentaries | <input type="checkbox"/> | Pampering<br>e.g. Reflexology, foot bath                         | <input type="checkbox"/> |
| Organising  | <input type="checkbox"/> | Other   | <input type="checkbox"/> |  |                          |

Anything else?

### Outdoor interests:

- |                 |                          |                     |                          |              |                          |
|-----------------|--------------------------|---------------------|--------------------------|--------------|--------------------------|
| Gardening       | <input type="checkbox"/> | Day trips           | <input type="checkbox"/> | Nature walks | <input type="checkbox"/> |
| Sports          | <input type="checkbox"/> | Bowling             | <input type="checkbox"/> | Swimming     | <input type="checkbox"/> |
| Shopping        | <input type="checkbox"/> | Museums & Galleries | <input type="checkbox"/> | Dining Out   | <input type="checkbox"/> |
| Gym             | <input type="checkbox"/> | Cinema              | <input type="checkbox"/> | Markets      | <input type="checkbox"/> |
| Golf/ Mini Golf | <input type="checkbox"/> | Tours               | <input type="checkbox"/> | Dancing      | <input type="checkbox"/> |
| Bike Riding     | <input type="checkbox"/> | Other               | <input type="checkbox"/> |              |                          |



Sports I enjoy playing

Places I would like to visit in my surrounding area

What do you feel would make things meaningful for you?

Hobbies I enjoy

Things I would like to try





## Food

### Preferences:

Breakfast

Lunch

Dinner

Preferred times for meals

Preferred places for eating

I prefer to:



Eat alone  One-on-one  Privately  In public   
 No preference  Other

Cultural/Religious food preferences e.g. Kosher, halal

My health issues e.g. Diabetic, gluten free

Personal likes and dislikes

Eating aids (Plate guards, coloured plate, assistance required)



## Drinks

I like:

Tea	<input type="checkbox"/>	Coffee	<input type="checkbox"/>	Milk	<input type="checkbox"/>	Smoothies	<input type="checkbox"/>
Water	<input type="checkbox"/>	Juice	<input type="checkbox"/>	Soft Drink	<input type="checkbox"/>	Hot Chocolate	<input type="checkbox"/>
Alcohol	<input type="checkbox"/>	Other	<input type="checkbox"/>				

Likes

Dislikes

Preferred places to drink e.g. Cafes, restaurants, at home, bar etc.



## Clothes

### My Preferences:

Skirt	<input type="checkbox"/>	Pants	<input type="checkbox"/>	Jeans	<input type="checkbox"/>	Dress	<input type="checkbox"/>
Shirt	<input type="checkbox"/>	T-shirt	<input type="checkbox"/>	Blouse	<input type="checkbox"/>	Jumper	<input type="checkbox"/>
Singlet	<input type="checkbox"/>	Sandals	<input type="checkbox"/>	Boots	<input type="checkbox"/>	Runners	<input type="checkbox"/>
Sneakers	<input type="checkbox"/>	Heels	<input type="checkbox"/>	Flats	<input type="checkbox"/>		

Clothing Sizes e.g.  
Foot size and Top size

Colour/Fabric preferences e.g.  
Favourite colour and material

Likes

Dislikes



### Spirituality/Religious Beliefs

Religion

Favourite places to worship

Important ceremonies

Preferred style of worship/service

Favourite hymns & prayers

Time to observe religious beliefs

Morning: \_\_\_\_\_

Afternoon: \_\_\_\_\_

Night: \_\_\_\_\_

Additional information



## Additional Information

Write or draw in here anything that is important to you in your life:

A large, empty rectangular box with a thin green border, intended for the user to write or draw their additional information.



**Identify areas of needs:**

Physical

Creative

Social

Intellectual

Spiritual

Emotional

Sensory

Self esteem

Educational

Cultural



**Samples of ideas/suggestions within the 10 areas of needs**

**Provide detailed summary of activities and what the benefits are**

**Resources – what do we need to undertake this activity?**





**How can we overcome these barriers?**

**Is there an acceptable risk in relation to the activity?**

**How can we minimise the risk?**



## Further Resources

### Physical/ Exploration Activities

#### *Dog Friendly Location Guides e.g. Parks & Cafes*

- <https://www.theurbanlist.com/melbourne/a-list/dog-friendly-melbourne>

- <https://www.timeout.com/melbourne/things-to-do/dog-friendly-melbourne-guide>

- <https://www.travelnuiy.com/dog-friendly-melbourne/>

Dog-friendly Café in West Melbourne - <http://gap.grv.org.au/the-gap-cafe/>

#### *Sporting Activities*

Find a Sport or Recreation Activity/Leisure Centre - <https://www.aaavic.org.au/search-for-find-an-activity>

Find an Activity for Home (AAAPlay) - <https://www.aaavic.org.au/find-an-activity-for-home>

Bare Foot Bowls - <https://www.theurbanlist.com/melbourne/a-list/best-barefoot-bowls-melbourne>

Sunshine Roller-skating Centre - <http://rollerskating.com.au/>

Caribbean Rollerama - <https://caribbeanrollerama.com.au/sessions/>

Roller-skating Rinks Melbourne - <https://www.yellowpages.com.au/find/roller-skating-rinks/melbourne-south-eastern-suburbs-vic>

Bounce Inc. Obstacle Course - <https://www.bounceinc.com.au/x-park>

Sandhursts Golf Club - <http://www.empowergolf.com.au/hubs-and-pros/sandhurst-golf-club-vic/>

All Abilities Golf - <https://vicsport.com.au/blog/2813/all-abilities-golf-at-golf-victoria>

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**Disability Sports Australia** - <https://www.sports.org.au/sports>

**Surfing Lessons** - <http://disabledsurfers.org/>

**Horse Riding for the Disabled Association of Victoria** - <https://www.rdav.asn.au/>

### ***Bike Riding Trail Guides***

- <https://www.theurbanlist.com/melbourne/a-list/best-cycling-bike-trails-melbourne>

- <https://www.bicyclenetwork.com.au/tips-resources/maps-and-rides/>

- <https://www.racv.com.au/royalauto/moving/cycling/best-melbourne-bike-trails.html>

- <https://www.visitmelbourne.com/Things-to-do/Outdoor-activities/Cycling/Cycling-trails>

- <https://concreteplayground.com/melbourne/travel-leisure/leisure/ten-best-bike-rides-in-melbourne>

### ***Shopping***

#### **Melbourne Shopping Guides**

- <https://www.timeout.com/melbourne/shopping>

- <https://www.experienceoz.com.au/en/shopping-guide-melbourne>

- <https://www.theinvisibletourist.com/best-shopping-in-melbourne-guide/>

- <https://www.onlymelbourne.com.au/t-o-p-ten-places-to-shop-in-melbourne>

- [https://www.tripadvisor.com.au/Guide-g255100-k1156-Melbourne\\_Victoria.html](https://www.tripadvisor.com.au/Guide-g255100-k1156-Melbourne_Victoria.html)

**Sydney Road Brunswick Shopping Guide** - <https://www.theurbanlist.com/melbourne/a-list/shopping-guide-sydney-road-brunswick>



### *Nursery Guides*

- <https://www.theurbanlist.com/melbourne/a-list/best-nurseries-melbourne>

- <https://www.timeout.com/melbourne/shopping/the-best-plant-nurseries-in-melbourne>

**Jungle Collective Nursery** - <https://www.thejunglecollective.com.au/>

### *Other*

**Melbourne Airport Viewing Locations** - <http://jetspotter.com/mel%20view.htm>

**Yarra Cruise** - <https://yarrarivercruises.com.au/cruises/1hr-sightseeing-cruise-along-the-yarra-river>

## Creative/ Art Activities

### *Crochet and Knitting patterns*

- <https://www.yarnandco.com/>

- <https://hobbii.com/product-patterns>

- <https://www.yarnspirations.com/patterns?prefn1=patternSkillTypeString&prefv1=Knit>

### *Origami*

- <https://origami.me/diagrams/>

- <https://origami.guide/>

- <https://www.kidspot.com.au/things-to-do/collection/paper-craft?sort=&page=2>



### *Papercrafts*

- <https://creativepark.canon/en/>
- <https://thepapercraftguy.com/papercraft-101-guide/>
- <https://www.gathered.how/papercraft/>
- <https://tearaway.me/guide>

### *Other Craft activities*

- <https://www.pinterest.com.au/pin/691443349028391154/>
- <https://www.artycraftykids.com/craft/50-nature-crafts-kids/>
- <https://www.kidspot.com.au/things-to-do/collection/craft-activities>
- [https://raggedy-bits.com/?gclid=CjwKCAjwyo36BRAXEiwA24CwGaDnzB7wTAzGdocvBr5IPUmGZxy8HOAGluXK7EQonj2vzTxX0PmCQxoCEn8QAvD\\_BwE](https://raggedy-bits.com/?gclid=CjwKCAjwyo36BRAXEiwA24CwGaDnzB7wTAzGdocvBr5IPUmGZxy8HOAGluXK7EQonj2vzTxX0PmCQxoCEn8QAvD_BwE)

### *Handcrafts*

- <https://www.artycraftykids.com/craft/easy-spring-crafts-for-kids/>
- <https://schoolsrecycle.planetark.org/documents/doc-674-recycled-arts-and-crafts-guide.pdf>
- <https://www.kidspot.com.au/things-to-do/collection/art-activities>



### *Art Activities*

**Melbourne Laneways, Arcades and City Tour** - <https://www.viator.com/tours/Melbourne/Melbourne-City-Sights-Morning-Tour-with-Optional-Yarra-Cruise/d384-2230M1>

**Artvo Immersive Gallery** - <https://www.artvo.com.au/>

**RMIT Gallery** - <https://rmitgallery.com/>

**Melbourne Theatre Company** - <https://www.mtc.com.au/plays-and-tickets/whats-on/seasons>

**Online Theatre** - <https://riversideparramatta.com.au/category/whats-on/riversidedigital/>

**Melbourne Theatre Art and Culture Guide** - <https://www.visitvictoria.com/regions/melbourne/things-to-do/art-theatre-and-culture>

### *Learning*

**Work-Shops** - <https://www.work-shop.com.au/events/grid/#1>

**Cartoonist Workshops** - <https://squishfacestudio.com/about>

### *Cooking*

**CookABILITY** - [https://www.youtube.com/playlist?list=PLI79ZsuMB5bYbVZduF8\\_-jl\\_fPwpMqsCv](https://www.youtube.com/playlist?list=PLI79ZsuMB5bYbVZduF8_-jl_fPwpMqsCv)

**Mug Brownie Recipe** - [https://www.simplyrecipes.com/recipes/brownie\\_in\\_a\\_mug/](https://www.simplyrecipes.com/recipes/brownie_in_a_mug/)

**Endeavour Foundation Food Recipes** - <https://www.endeavour.com.au/Services/Thrive/Ideas-and-Activities/Cooking>



## Cognitive Activities

### *Magic tricks*

- <https://www.care.com/c/stories/4051/10-easy-magic-tricks-for-kids/en-au/>

- <https://www.goodtricks.net/>

- <https://rebelmagic.com/>

- <https://www.kidspot.com.au/things-to-do/collection/magic-tricks>

### *Other Games*

**Famous Duo Pairing Game** - <https://adventuresofacaregiver.com/famous-duos-alzheimers-dementia-activity/>

**Add 10 More Bingo** - <https://www.teacherspayteachers.com/Product/Add-10-More-Bingo-192414>

**Simple Marble Game** - <https://allfortheboys.com/simple-marble-game/>

**Squirt Gun Target Practise** - <https://allfortheboys.com/water-fun-squirt-gun-targets/>

**Ping Pong Ball Match-up** - <https://www.supplyme.com/products/ping-pong-ball-match-a3269>

**Word Search** - <https://thewordsearch.com/>

**Sudoku** - <https://www.seniorsonline.vic.gov.au/services-information/games/sudoku>

**Crosswords** - <http://www.aussieeducator.org.au/specialpages/crosswords.html>



### *Alzheimer's & Dementia Activities*

- <https://adventuresofacaregiver.com/alzheimers-activities-resource-library/>
- <https://adventuresofacaregiver.com/75-stimulating-activities-for-alzheimers-dementia-patients/>

## Social Activities

### *List of Trivia night locations*

- <https://www.funkybunch.com.au/> (Online Trivia)
- <https://www.theurbanlist.com/melbourne/a-list/melbournes-best-trivia-nights>
- <https://eatdrinkcheap.com.au/specials/trivia-night/>

### *List of Escape Room locations*

- <https://www.theurbanlist.com/melbourne/a-list/melbournes-best-escape-rooms>
- <https://www.oztenpin.com.au/escape-rooms/>
- <https://www.escapekey.com.au/>

### *Board Gaming*

- <https://www.gameslaboratory.com.au/>
- <https://mbgcafe.com.au/>





### *Food Trails & Guides*

- <https://www.chug.com.au/melbourne/guide/best-cheap-eats-melbourne/>
- <https://www.goodfood.com.au/eat-out/cheap-eats/cheap-eats-2019-melbournes-best-bites-under-15-for-breakfast-lunch-and-dinner-20190625-h1fokd>
- <https://www.timeout.com/melbourne/restaurants/cheap-eats-in-melbourne>
- <https://www.broadsheet.com.au/melbourne/guides/best-cheap-eats>
- <https://www.visitvictoria.com/Regions/Melbourne/Food-and-wine/Food-trails>
- <https://www.melbournefoodandwine.com.au/read-watch/destination-guides>

### *eSports Tournaments and Gaming*

- <https://zen.gl/>
- <https://www.ggezbar.com/>

### *Karaoke*

AK8 - <http://www.ak8.com.au/about-ak8/>

Karaoke Melbourne List - <https://www.theurbanlist.com/melbourne/a-list/melbournes-best-karaoke>

### *Billiards*

Red Triangle - <http://www.redtriangle.com.au/>

Pulo Pool - <http://www.pulopool.com.au/>

Galaxy Pool Lounge - <https://m.facebook.com/galaxypoolounge/>

Legend Billiard Clubs - <https://www.facebook.com/legendbilliardsclub/>

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## *Cinemas*

**Lido Cinema (Comedy, music and film)** - <https://www.lidocinemas.com.au/events/>

**Palace Cinemas** - <https://www.palacecinemas.com.au/cinema-location/vic/>

**Hoyts** - <https://www.hoyts.com.au/>

**Village Cinemas** - <https://villagecinemas.com.au/>

**IMAX Cinema** - <https://imaxmelbourne.com.au/>

**Film Guide Melbourne** - <https://whatson.melbourne.vic.gov.au/things-to-do/entertainment/film>

## Cultural Activities

### *Food Festivals & Events*

- <https://melbournefoodfestivals.com.au/>

- <https://www.theurbanlist.com/melbourne/food-and-drink/markets-food-events>

- <https://www.eventbrite.com.au/d/australia--melbourne/food-and-drink--events/>

- <https://whatson.melbourne.vic.gov.au/eat-and-drink/events>

- <https://www.burrinja.org.au/burrinja-whats-on/what-s-on-all-events>



## Religious and Spiritual Activities

**Labyrinths** - <https://www.weekendnotes.com/labyrinth-melbourne/>

**Religious Street Festival** - <https://www.whitehat.com.au/melbourne/festivals/ethnic-multicultural-and-religious-festivals.aspx>

**Spirituality Events** - <https://www.eventbrite.com.au/d/australia--melbourne/spirituality--events/>

**Theosophical Society Bookshop** - <https://www.weekendnotes.com/theosophical-society-bookshop/>

**Religious Festivals and Events Calendar** - <https://www.harmony.gov.au/events/calendar>

**Multi-Cultural and Religious History** - <https://thebestschools.org/magazine/world-religions-study-starters/>

**Lumen Learning** - <https://courses.lumenlearning.com/alamo-sociology/chapter/reading-world-religions/>

## Educational Activities

### *Education Platforms*

**School of Life** - <https://www.theschooloflife.com/calendar/>

**Ceres** - <https://ceres.org.au/>

**Laneway Learning** - <https://melbourne.lanewaylearning.com/>



### *Online Tours*

**Great Wall of China Tour** - <https://www.thechinaguide.com/destination/great-wall-of-china>

**British Museum Tour** - <https://britishmuseum.withgoogle.com/>

**Louvre Tour** - [https://www.louvre.fr/en/visites-en-](https://www.louvre.fr/en/visites-en-ligne?fbclid=IwAR3rZT0TikXnYtEX7iYcprePbXJFgA6_AAzz_Vw9QoRkHL1-fqhHnZ-c89w)

[ligne?fbclid=IwAR3rZT0TikXnYtEX7iYcprePbXJFgA6\\_AAzz\\_Vw9QoRkHL1-fqhHnZ-c89w](https://www.louvre.fr/en/visites-en-ligne?fbclid=IwAR3rZT0TikXnYtEX7iYcprePbXJFgA6_AAzz_Vw9QoRkHL1-fqhHnZ-c89w)

**Solomon R. Guggenheim Museum Tour** - [https://artsandculture.google.com/streetview/solomon-r-](https://artsandculture.google.com/streetview/solomon-r-guggenheim-museum-interior-streetview/jAHfbv3JGM2KaQ?hl=en&sv lng=-73.95911599603295&sv lat=40.78289622639036&sv h=-91.52965512831652&sv p=-8.19067860019807&sv pid=QAb5X_joK76zswZGKfNMcg&sv z=0.9645743015259166)

[guggenheim-museum-interior-streetview/jAHfbv3JGM2KaQ?hl=en&sv lng=-](https://artsandculture.google.com/streetview/solomon-r-guggenheim-museum-interior-streetview/jAHfbv3JGM2KaQ?hl=en&sv lng=-73.95911599603295&sv lat=40.78289622639036&sv h=-91.52965512831652&sv p=-8.19067860019807&sv pid=QAb5X_joK76zswZGKfNMcg&sv z=0.9645743015259166)

[73.95911599603295&sv lat=40.78289622639036&sv h=-91.52965512831652&sv p=-](https://artsandculture.google.com/streetview/solomon-r-guggenheim-museum-interior-streetview/jAHfbv3JGM2KaQ?hl=en&sv lng=-73.95911599603295&sv lat=40.78289622639036&sv h=-91.52965512831652&sv p=-8.19067860019807&sv pid=QAb5X_joK76zswZGKfNMcg&sv z=0.9645743015259166)

[8.19067860019807&sv pid=QAb5X\\_joK76zswZGKfNMcg&sv z=0.9645743015259166](https://artsandculture.google.com/streetview/solomon-r-guggenheim-museum-interior-streetview/jAHfbv3JGM2KaQ?hl=en&sv lng=-73.95911599603295&sv lat=40.78289622639036&sv h=-91.52965512831652&sv p=-8.19067860019807&sv pid=QAb5X_joK76zswZGKfNMcg&sv z=0.9645743015259166)

**Musée D'Orsay Tour** - [https://www.musee-orsay.fr/en/collections/from-station-to-the-renovated-musee-](https://www.musee-orsay.fr/en/collections/from-station-to-the-renovated-musee-dorsay.html)

[dorsay.html](https://www.musee-orsay.fr/en/collections/from-station-to-the-renovated-musee-dorsay.html)

**NGV Virtual Tours** - <https://www.ngv.vic.gov.au/virtual-tours/>



## Additional Resources

### *Updated List of Events and Things to do in Victoria*

<https://whatson.melbourne.vic.gov.au/things-to-do>

<https://www.timeout.com/melbourne/things-to-do/things-to-do-in-melbourne-before-you-die>

<https://www.theurbanlist.com/melbourne/a-list/things-to-do-in-melbourne>

### **Meaningful Activities of daily living -**

<https://www.southlanarkshire.gov.uk/info/200227/care-for-the-elderly/903/meaningful-activities-and-activities-of-daily-living-for-older-people>

**Sporting recreational activities for adults with a disability -** <https://havewheelchairwilltravel.net/sporting-recreational-activities-for-adults-with-a-disability/>